

MAY QUARTERLY MEETING

AGENDA AND NE BFC PRESENTATION SLIDES

CERP SESSION

10:00 - 11:00 CERP

- Carly Shapiro is a Pediatric Clinical Dietitian and CLC with 7 years of experience working with infants with malnutrition requiring nutrition support in the Gastroenterology Clinic at Children's Nebraska. In this presentation she discussed the challenges of the assessment, diagnosis, and treatment of malnutrition while supporting the use of human milk and breastfeeding in this unique population. She explored how a multidisciplinary team including dietitians and lactation professionals can extend the duration of breastfeeding and use of human milk while increasing parent satisfaction and achieving optimal growth in the breast fed infant.
- Contact information: cashapiro@childrensnebraska.org
- Zoom chat with links and questions [LINK HERE](#)

MEMBER MEETING

11:15 – 11:30 Introductions

- Introduced everyone via Zoom & in-person (name, organization, or role)
- Sheila Bohorquez de Gualtieri shared about a virtual 5K hosted by WIC ([LINK HERE](#)) - anyone can join!

11:30 – 11:50 Highlight 1: Tracy Moore

- Our first highlight for today's meeting is Tracy Moore
 - Tracy is an OB nurse navigator as well as a lactation consultant at Methodist Fremont Health.
 - Tracy shared her background as an LDRP nurse where she fell in love with caring for women during labor, birth, recovery, and postpartum period.
 - Tracy shared how she tries her best to meet mothers where they are whether that is really interested and wanting to breastfeed or going in with not as much knowledge on breastfeeding.
 - Tracy earned her CLC and then her IBCLC certification. She is also continuing her education journey in women's health and assisting her peers/coworkers in the process of breastfeeding education.
 - Lactation care: Provides inpatient lactation care such as postpartum lactation support, policy and practice development, and data collection and evaluation.
 - Outpatient lactation care: Lactation support after discharge, and hosts a breastfeeding support group.

- Perinatal psychosocial support: Perinatal mental health support and navigation to community supports. If someone needs mental health support Tracy is a great advocate and resource person for them!
- Challenges/obstacles she is seeing in this setting: Decreased emphasis on exclusive breastfeeding support (loss of funding, focus, and community education), cultural and language barriers, decrease in choice to exclusively breastfeed (has some to do with formula marketing)
- Shared her current data and breastfeeding rates which unfortunately she is seeing a bit of a decrease.
- Celebrations: Expanding lactation providers (hired a spanish speaking & Hispanic IBCLC), growing RN CLC in her lactation career, and utilization of RN CLC's for bedside support.
- Focus on birth equity!

11:50 – 12:10 Highlight 2 : Aabha Chaubey

- Our second highlight is Aabha Caubey
 - Aabha Chaubey holds a Master's in Social Work and an M.Phil. in Social Work from India. Her work in India spanned around diverse NGOs and organizations addressing women's health, children's health, and education. Aabha Chaubey serves as the Development Assistant at the Good Neighbor Community Center (GNCC) in Lincoln, Nebraska . In this role, she contributes to fundraising efforts, donor relations, and community engagement initiatives that support GNCC's mission to assist individuals and families in need.”
 - She began as a volunteer at GNCC which then turned into a job!
 - Her inspiration to help other mothers came from her own obstacles with her pregnancy and breastfeeding journey.
 - In her culture she saw everyone breastfeeding and was feeling really discouraged when she was not able to produce for her baby which led her to want to help other mothers through these challenges.
 - Began a mother support group - no obligations, you can come when you want, if you want to and talk about any thing needed.
 - Became more involved in the community and was able to connect mothers to other resources.
 - In addition to the support group she also provided nutrition support - they address and manage the lifestyle of the mothers.
 - Provide a “mother care kit” after birth to provide support to mothers.
 - GNCC can also provide diapers, clothing, car seats, bedding, household items, sometimes breast pumps, bottles.
 - She has found that misconceptions about breastfeeding really impact the duration of breastfeeding and milk supply. She has also noticed that

mothers returning to work so soon after birth is a huge barrier to breastfeeding.

12:10 – 12:35 NE BFC Projects/Updates/Financial Report

- **Financial Report through Q3**

- Our fiscal year runs July 1 through June 30. Our bank account at the beginning of January 1 was \$34,966.87. We had income of \$1,450 and expenses of \$3,949.99 in the 3rd Q, leaving a balance of \$32,316.88 at the end of the 3rd Q. This leaves us \$1,215 over expected income and \$3,932 under expected expenses.

- **Funding Report - Tier 2 hospital outreach**

- We have developed a plan to reach out to tier 2 hospitals across the state to encourage their participation in our 1:1 campaign. This initiative offers \$1 for every birth that occurs in their hospital. We are initially contacting the hospital leadership, as well as the lactation teams, to ensure they are informed about our request.
- Our yearly budget is about the same as the number of births in NE per year (around \$20,000)
- We will continue this process throughout the spring/summer months
- If you have any connection, can provide contact information, or influence these asks please email info@nebreastfeeding.org

- **Member Update**

- We have had nine new members join since our last quarterly meeting in February. They hail from Beatrice, Blaire, Cairo, Fremont, Holdrege, Lexington, Lincoln, & North Platte. We are at a total of 171 members.

- **Legislation - Update on bills we have been tracking & delivery of legislative packets.**

- We went through each bill that has been signed, is in second reading, or still in committee. See PDF of powerpoint above for more information.
- Our goal is to provide our membership with education on MCH or breastfeeding bills that may be of interest.
- Jill Dolberg shared on midwifery bill that is going through, LB 676.
- Ann shared on a bipartisan bill that is being discussed on the federal level on paid leave which is being supported by both democrats and republicans.
- The NE BFC delivered legislative packets with some of our print materials included. We used this as an opportunity to touch base, connect, and be a resource. Legislative representatives need expert information and we can be a resource to them.

- **Community College Outreach**

- In April, the Coalition assembled materials for an outreach project aimed at community colleges across the state. We distributed these resources to 18 community college campuses, including several of our print materials: three "Mother at Work" door hangers, the "Does It Really Matter?" piece, the PUMP Act information, and our Lactation Support postcard. Along with these materials, we mailed a letter explaining our purpose: to provide resources that will help make their campuses more breastfeeding-friendly for students and staff. You can find printable versions of these materials at this link:

<https://nebreastfeeding.org/news-events/resources/print-materials.html>

- **LT Strategic Plan for 2025 - 2026**

- Our current strategic plan is set to expire this year. To prepare for the development of a new strategic plan for the 2025-2026 year, the LT will be discussing our existing plan during our May Leadership Team meeting. Following this discussion, we intend to present a draft or overview of the new goals to our members for feedback. This draft may be shared via a dedicated email or newsletter, ensuring that our membership has the opportunity to provide input and share their thoughts. For reference, please find the link to our current strategic plan here:

https://nebreastfeeding.org/file_download/inline/fef00fbc-e4f7-4900-a93e-e0f40fdb0487

- **Paid Parental Leave (highlight article from newsletter)**

- Paid parental leave has many proven advantages for the health, financial stability, and general well-being of parents and their children. Despite this, the United States stands out as one of only seven countries worldwide without a national paid leave policy. Additionally, among wealthy nations, it is the only one that lacks paid maternity leave and has the highest rate of maternal mortality. We recently included an article in our April newsletter about the connection between paid parental leave and maternal mental health. Put link in chat:

<https://policycentermmh.org/the-interconnection-of-paid-family-and-medical-leave-and-maternal-mental-health/>

- Have you noticed any initiatives in your organization or community regarding paid parental leave support?
- Is this something you would like to see the Coalition get more involved in?
 - Yes, a few members shared that they would like to see more support in this.
 - This is a huge barrier to women breastfeeding when they have to return to work so soon after birth.
 - Paid family leave has a direct link to fertility rates.

- Would like to educate more on how paid leave works, what it is, who pays for it, and what it entails for both employer/employee.
- **New Business/Hospital Campaign (NPQIC data slide) - Dr. Leeper or Ann**
 - Dr. Leeper shared with us the “Kansas High 5 Program”.
 - This includes steps that help in prolonged breastfeeding
 - CO/KS both have a version of this and their breastfeeding rates are much higher than here in NE
 - Every birthing facility in KS participates and anyone involved in pregnancy/postpartum care has breastfeeding education
 - Begins with hospitals → clinics → businesses
 - Funding would be something we need to build this up
 - Would also help mitigate racial/ethnic disparities
 - Would be a great way to partner with NPQIC
- **August Quarterly Meeting Update**
 - Our August Quarterly Meeting will be held in Hastings Nebraska at Mary Lanning Memorial Hospital. Our speaker is Laurel Wilson who will present on The Impact of Social Media on New Parents during Pregnancy and Lactation. Our CERP has been approved so be on the lookout for a registration link in our June and July newsletters.

12:35 – 12:45 Catch up/sharing/closing comments

- To finish up today, we want to thank you for your time and support! Any questions or anything else to share?
 - Angie Cantrell from MilkWorks shared that Milkworks is hiring for these positions:
 - Omaha - Part-time IBCLC (RN or non RN)
 - Lincoln - Full-time breastfeeding educator
 - [LINK HERE](#)